

Healthy Lifestyle Actions to Reduce and Manage Stress

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Lifestyle

- A few instances of ways of life may include: Fitness/Body-focused, Materialist, pleasure-seeker, Service/Spiritual, Technocrat, and Academic/Intellectual.

Way of life is a lifestyle set up by a general public, culture, gathering or person. This incorporates examples of conduct, association, utilization, work, movement and interests that depict how an individual invests their energy.

Way of life changes mean altering things we each have command over, similar to changes in diet or every day schedule. They regularly are a piece of a treatment approach for GI conditions. Explicit way of life changes will rely upon: the age of the youngster, and. the

To Reduce stress in busy lifestyle

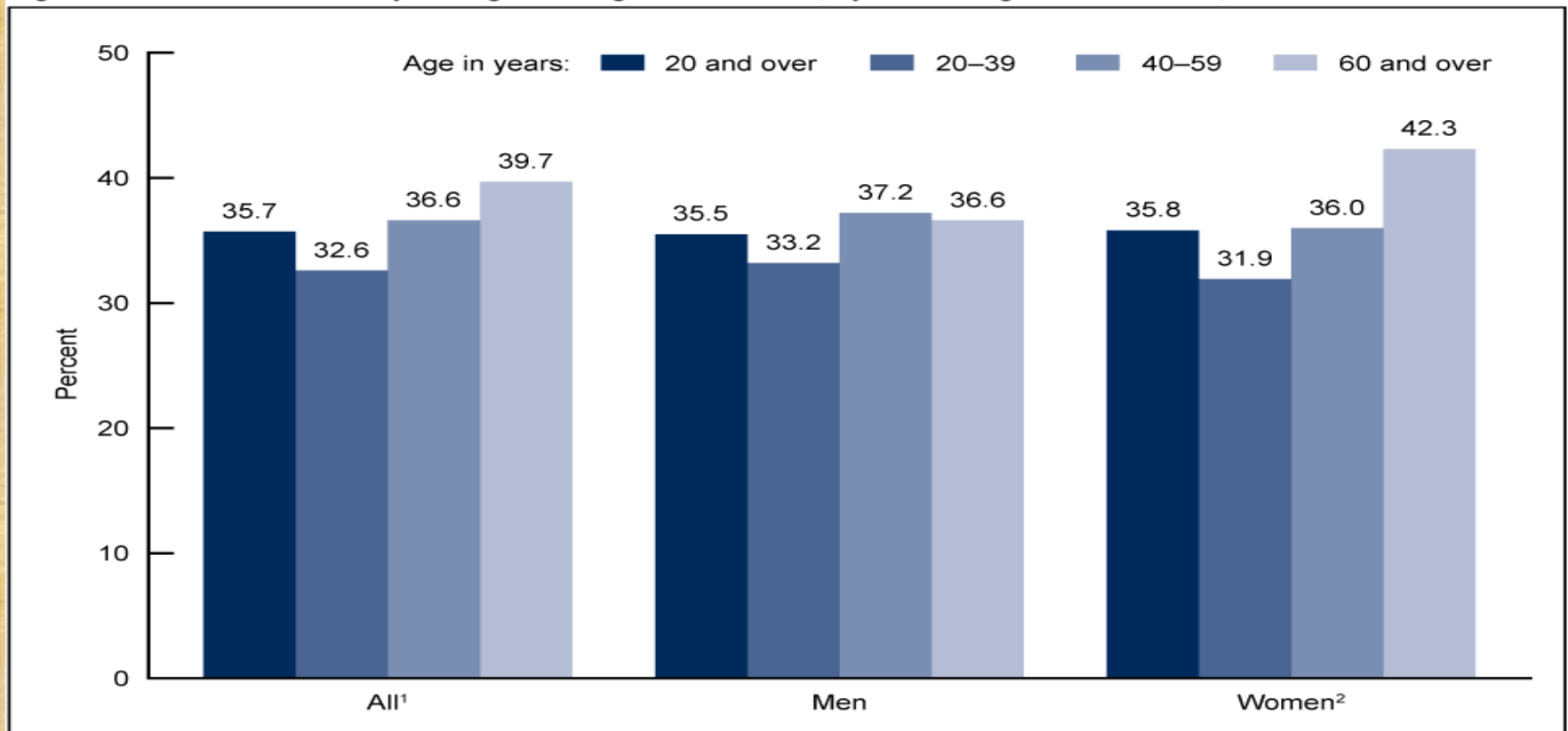
- Modern lifestyle is quite different from the traditional lifestyle people had three centuries ago. Almost all individuals are dealing with a busy lifestyle which is highly stressful to handle. A **stressful life** affects one individual's life in all spheres likely personally, mentally and officially as well. So it is very important for everyone to know how to **reduce stress in busy lifestyle** to stay happy & healthy .

Lifestyle Traps

- Long Work Hours
- Physical Limitations
- Convenience Eating (Eating on the Go)
- Grocery Shopping Pitfalls
- Unhealthy Must Haves
- Emotional Eating
- Lack of Motivation

CDC Obesity Statistics for 2009–2010

Figure 1. Prevalence of obesity among adults aged 20 and over, by sex and age: United States, 2009–2010



¹Significant increasing linear trend by age ($p < 0.01$).

²Significant increasing linear trend by age ($p < 0.001$).

NOTE: Estimates were age adjusted by the direct method to the 2000 U.S. Census population using the age groups 20–39, 40–59, and 60 and over.

SOURCE: CDC/NCHS, National Health and Nutrition Examination Survey, 2009–2010.

Why Busy Lifestyle is so Stressful

- Reduce Stress in Busy lifestyle

- Life became so competitive where its a herculean task to show ourselves better. This fast race of life keeps every individual have boring days which are highly stressful. Stress goes hand in hand with a busy life, if a person is unable to handle the pressure caused by the increasing competitiveness. Stress is our body's response towards a pressure or a challenge.
- Usually an individual gets stressed because of thinking about the consequences of the problem rather than focusing on the solution, in the workplace. So all must know to Reduce Stress in Busy lifestyle as its consequences are so high.

Stress & its Consequences

- Stress is very closely related to illness. Whenever we deal with the deadlines of our busy lifestyle then in order to meet the deadlines we will be on a threat. This feeling of threat will make your body to respond strangely .
- Your nervous system responds to the feeling of threat by making release of Stress hormones such as adrenaline & cortisol. Biologically stress is of two types- acute and chronic, and both these types leads to serious illness

Physical Consequences of Stress

- Stress can lead to major illness such as blood pressure, heart disease, stroke also other illness such as anxiety, insomnia, auto immune disorders, hormonal imbalance, weight problems, ulcers, asthma and many more. Chronic **stress** cause cancer and heart attack Also stress leads to physiological and behavioural changes. Your stress can also be a reason for stress in others life- your loved ones.

Psychological Consequences of Stress

- Psychologically it can cause major **depression** issues which may lead to **neurological illness**. It often leads to anger outbursts, **mood swings** and eventually may drift you apart from your family and friends. It destroys your inner peace and becomes a reason for self destruction. For many people handling stress becomes a difficult task and so they get on a wrong track such as smoking, alcohol or drug abuse and sometimes a reason for suicide.
- Hence it becomes very important to deal with stress in this busy life.

Need of lifestyle change

- **Stress causes** the release of cortisol, the **stress** hormone, as well as adrenaline, which influences your blood pressure, heart rate, eating habits, sleep patterns, blood sugar levels, fat metabolism and your ability to fight-off illness. ... some **lifestyle** actions **can** help you **reduce** or **manage** the **stress** in your life.

Healthy Lifestyle Choices

Here are some changes you can make to lead a healthier, less stressed lifestyle:

- **Healthy eating:** One of the most popular changes people like to make to live a healthy lifestyle is to eat differently. Because of the negative health consequences of obesity, the influence fitness has on our self-esteem, and the effects of nutrition on our stress levels and longevity, switching to a healthier diet brings some of the greatest benefits for wellness.

Healthy Lifestyle Choices

- **Regular exercise:** Getting regular exercise is another wonderful way to keep your weight in check, manage overall stress levels, and stay connected with others. Exercise can also help keep many health conditions at bay and is well worth the effort. The trick is to start gradually and work your way up.

Healthy Lifestyle Choices

- **Quality sleep:** People often underestimate the importance of getting enough sleep, and getting the right type. However, lack of adequate sleep has many negative consequences—they're subtle but significant. Getting enough sleep isn't one of the most popular changes that people resolve to make, but it should be. Because stress can rob you of sleep, and because many of the techniques that promote sleep can also reduce stress (and vice versa), it's a very good idea to learn more about how

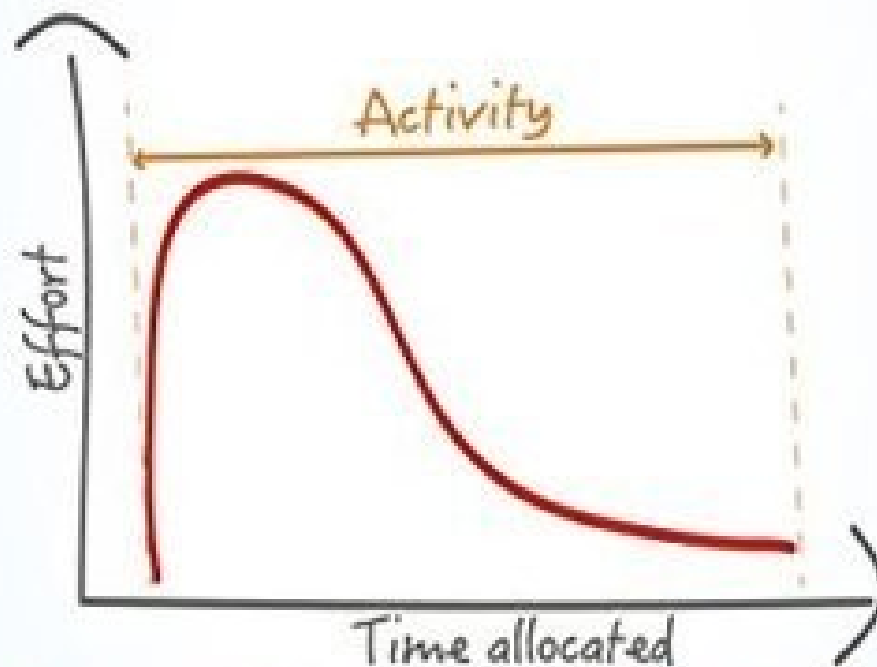
The 21/90 Rule: How to Turn Habits into Lifestyle

- Eliminate excessive decision making. To do this, you have to understand the habit loop. ...
- One popular method to build habits is called the **21/90 rule**. The **rule** is simple enough. Commit to a personal or professional goal for **21** straight days. After three weeks, the pursuit of that goal should have become a habit. Once you've established that habit, you continue to do it for another ninety days.
- Start with a small habit. Make micro quotas + macro goals. ...
- Never miss twice. ...
- Don't burn yourself out.

Few Concepts helps to manage stress

- There are a few ways to manage your time. In today's world, everyone is busy, but it's possible to manage stress.
- Here are a few concepts that may be helpful to understand as you strive to manage stress while juggling a busy schedule.
- **Parkinson's Law.** Work expands to fill the allotted time. For example, if you have two hours to make a cake, build a birdhouse or update some financial data, it will take you two hours to complete that task.
- So, set time limits to get something done. And you'll be more likely to finish that task in the amount of time you set aside.

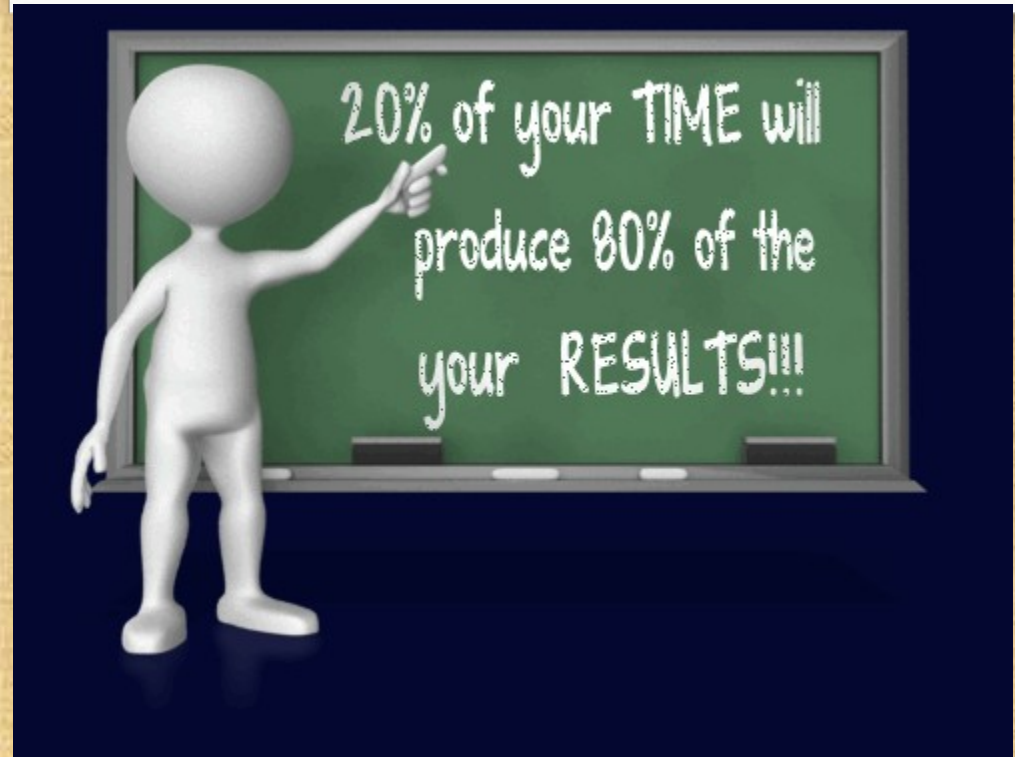
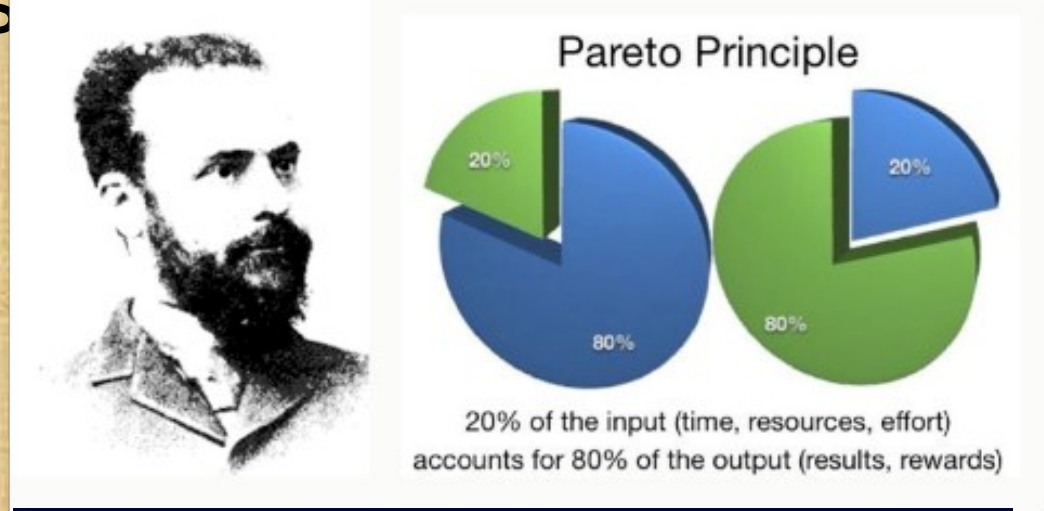
PARKINSON'S LAW



Too much time = waste of time
Less time = effective use of time

Few Concepts helps to manage stress

- **Pareto principle.** This is the 80/20 rule. For example, if you have set aside 100 minutes to work on a presentation, you'll likely have most of it completed in the first 20 minutes. You could spend more time improving the presentation, but the majority of the information will have



Few Concepts helps to manage stress

- **Avoid interruptions.** If you need to focus and concentrate, avoid interruptions. If you're interrupted, it can disrupt your focus and take time to be able to concentrate again.
- Consider putting time limits on your activities. During that time, avoid interruptions. Stop when the time runs out. It may help you conserve time and energy and reduce stress.

Lifestyle Changes for More Effective Stress Management

- **Seek your own optimum stress level.** Strive for excellence within your limits.
- **Choose your own goals.** Do not live out choices others have made for you.
- **Become part of a support system.** Look out for yourself by letting friends help you when you are under too much stress. Likewise, help friends when they feel overloaded.
- **Think positively.** Your mind sends signals to your body to prepare for danger whenever you think about possible negative outcomes. Hence, you become tense regardless of whether or not the event happens. Train yourself to think positively, even when faced with adversity. For example, "it seems awful right now, but it will work out in the end" is a positive thought.

Lifestyle Changes for More Effective Stress Management

- **Make decisions.** You can learn to live with the consequences or you can change your mind. Any decision -- even consciously deciding to do nothing -- is better than no decision.
- **Accept what you cannot change.** If a problem is beyond your control, you are better off accepting it for now than spinning your wheels.
- **Anticipate potentially stressful situations and prepare for them.** Decide whether the situation is one you should deal with, postpone, or avoid. If you decide to deal with the situation, practice what you will say and do, before you actually do it.
- **Try to keep your perspective.** This is admittedly an arduous task when it feels as if the entire world is about to cave in. Ask yourself: Will it matter in ten years?

Lifestyle Changes for More Effective Stress Management

- **Manage your time.** Prioritizing and planning can keep the demands of school from becoming overwhelming.
- **Take care of your health.** Exercise regularly, eat a balanced diet, get enough sleep, and avoid alcohol and other mood-altering drugs.
- **Take time for yourself.** Make yourself your priority. Find time to relax -- even if only for a few minutes -- every day.
- **Break down a stressor into manageable components.** More often than not, problems that seem huge and unwieldy are quite manageable when looked at as a series of smaller tasks. For example, the thought of doing a dissertation may

Lifestyle Changes for More Effective Stress Management

- **Avoid comparing yourself to others.** When you are stressed or upset, everyone else may seem smarter, more organized, more directed, and more talented than you are. You have to remind yourself that stress can play tricks on your mind and that just because there are a lot of talented people, it does not mean that you are a stupid, clumsy clod.
- **Learn to plan.** Disorganization can breed stress. Being able to do long and short term planning gives a sense of control over your life. Many people benefit from making daily to-do lists, prioritizing the items, and doing them in order.
- **Keep your expectations realistic.** You are not now, and will never be perfect. Accept your own strengths and limits and work within them. Expect some problems reaching your goals and realize that you can solve most of them with perseverance.
- **Avoid unnecessary competition.** There are many competitive situations in life that we cannot avoid. Too much concern with winning in too many areas of life can create excessive tension and anxiety, and make one unnecessarily aggressive.

Lifestyle Changes for More Effective Stress Management

- **Be a positive person.** Avoid criticizing others. Learn to praise the things you like in others. Focus upon the good qualities those around you possess. Learn to do this for yourself also. Notice your own good qualities and reward yourself for improvements (even small ones).
- **Learn to tolerate and forgive.** Intolerance of others leads to frustration and anger. An attempt to understand the way other people feel can make you more accepting of them, and hence, less stressed.
- **Exercise regularly.**
- **Have fun.** You need occasionally to escape from the pressures of life and have fun. Find pastimes

Belloc and Breslow (1972)

1. Sleeping seven to eight hours daily
2. Eating breakfast almost every day
3. Never or rarely eating between meals
4. Currently being at or near prescribed height adjusted weight
5. Never smoking cigarettes
6. Moderate or no use of alcohol
7. Regular physical activity.

**THANK
YOU!**